



# DTTAC Learning Opportunities Available for Lifestyle Coaches Serving Priority Populations

## Lifestyle Coach Training

Spanish Lifestyle Coach Training.....1

## Advanced Coach Training

Live Webinars.....2

On-Demand Webinars.....3

Webinars in Spanish.....6

Peer Learning Series.....7

Bootcamps.....8

With support from the Centers for Disease Control and Prevention (CDC), DTTAC has been awarded scholarship funding with the goal to increase the number and capacity of lifestyle coaches working with priority populations that may be under-enrolling in the National DPP. Priority populations include Medicare beneficiaries; men; Black or African American, Asian American, Hispanic, American Indian, Alaska Native, and Pacific Islander persons; and people with visual impairments or physical disabilities.

Scholarships will be awarded based on eligibility and while space is available. Please note that seats are limited, and this scholarship opportunity will be available through July 31, 2023.

**Please complete the [online application form](#) after reviewing these training opportunities.**

Please email [dttac@emory.edu](mailto:dttac@emory.edu) with any questions concerning DTTAC trainings/programs or scholarship application.



# DTTAC *Spanish* Lifestyle Coach Training

This basic Lifestyle Coach training will cover National DPP structure and goals, DTTAC Program Guiding Principles, lifestyle change program approach, role of the Lifestyle Coach, facilitation skills, supporting behavior change, group dynamics, cultural humility, and program fidelity.

## Distance Lifestyle Coach Training En Español

This training will be delivered in **Spanish** via distance modality using Zoom. Attendees are required to attend a total of 16 hours of training, in four live 4-hour sessions\* over the course of 2 weeks.

### **May 2023** *[all sessions required]*

- Wednesday, May 3rd @ 1:00pm-5:00pm ET
- Friday, May 5th @ 1:00pm-5:00pm ET
- Wednesday, May 10th @ 1:00pm-5:00pm ET
- Friday, May 12th @ 1:00pm-5:00pm ET

*\*Trainees will need a computer with internet to participate in the live virtual sessions.*

**CE credits\*** available upon training completion for:

- Registered Dietitians (CDR)
- Certified Diabetes Educators (CDE)
- Certified Health Education Specialists (CHES)

# DTTAC Advance™ Live Webinars

**DTTAC Advance™ webinars help sharpen the competencies of trained lifestyle coaches, program coordinators, and Master Trainers to enhance the delivery of the National Diabetes Prevention Program (National DPP). These webinars complement lifestyle coach training and are not a substitute for formal training.**

*Live webinars are delivered via distance modality using Zoom. A DTTAC Master Trainer will engage the audience and lifestyle panelists in discussion and key action steps. If learners can't attend on the scheduled date, they may watch the webinar recording within 3 weeks (21 days) of the live webinar event.*

## *Group Dynamics and Facilitation*

### **Groovin' Groups in Any Mode**

**Tuesday, April 18<sup>th</sup>, 2023 from 12:00pm - 2:00pm ET**

A positive, supportive group environment is a powerful force in the lifestyle change program. Regardless of program delivery mode, building rapport and trust, creating space in sessions for participants to form connections, and leveraging group problem solving and support are all examples of ways Lifestyle Coaches help to create grooving groups. In this webinar, we will discuss and problem-solve how to create and maintain a positive group environment and strategies for managing common group challenges.

### **Powerful Questions: The Lifestyle Coach's Superpower**

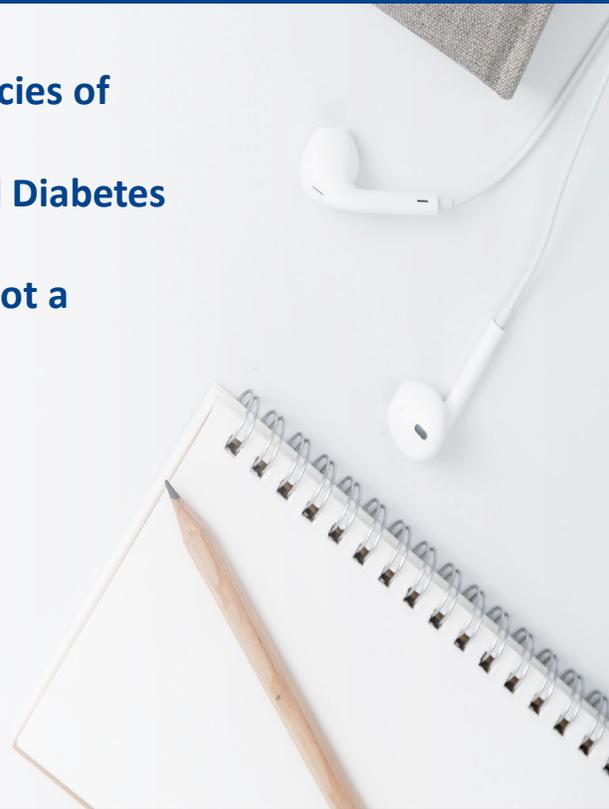
**Thursday, May 18<sup>th</sup>, 2023 from 1:00pm – 2:00pm ET**

Asking questions as a coach can inspire deep reflection, reveal unrecognized strengths, and create pivotal moments for participants. While the CDC curricula offer starting questions for Lifestyle Coaches, it is often the unscripted moments in a program session that a powerful question has the potential to impact a participant. In this webinar, facilitators will discuss the potential impact of powerful questioning, provide examples and practice powerful questioning

# DTTAC *Advance*<sup>™</sup> On-Demand Webinars

**DTTAC *Advance*<sup>™</sup> webinars help sharpen the competencies of trained lifestyle coaches, program coordinators, and Master Trainers to enhance the delivery of the National Diabetes Prevention Program (National DPP). These webinars complement lifestyle coach training and are not a substitute for formal training.**

*On-demand webinars are asynchronous learning events, allowing the participant to view the webinar at a time and pace that fits the learner's needs. After registering, learners have 3 weeks (21 days) to complete the course at their own pace.*



## *Diversity, Equity, & Inclusion*

### **It's Raining Men: Engaging Men in the National DPP**

**Length: 90 minutes**

According to the National Diabetes Statistics Report, more men than women have prediabetes. However, participation in the National DPP among men, particularly minority men, lags behind women. It's Raining Men explores factors contributing to the lack of engagement among men and discusses strategies for engaging more men in lifestyle change programs. Stories from successful lifestyle change programs and similar health promotion efforts aimed at men are shared.

### **Outside City Limits: Delivering the Lifestyle Change Program in Rural and Frontier Communities**

**Length: 60 minutes**

This webinar examines the experiences of lifestyle coaches and program coordinators who deliver the National DPP in rural and frontier communities. Panelists share their successes, challenges and resources for rural program delivery in states across the country.

# DTTAC *Advance*<sup>™</sup> On-Demand Webinars

## *Diversity, Equity, & Inclusion*

### **Food Insecurity and Lifestyle Change**

**Length: 120 minutes**

Lifestyle change program participants come from all socioeconomic demographics and community settings. Additionally, the lasting impact of COVID-19 has resulted in more individuals facing economic hardship. Many participants face challenges around food access and/or food insecurity. This webinar discusses how Lifestyle Coaches can address the issues of food insecurity within groups through assessment, group facilitation, curriculum approaches, and widely available resources.

### **Introduction to Health Equity and the National DPP**

**Length: 90 minutes**

Inequities are all around us and experienced differently by diverse groups of people. Understanding the basis for these inequities is key for organizations and lifestyle coaches to implement and deliver an inclusive National DPP. In this introductory health equity webinar, attendees learn the foundation for diabetes inequities, what contributes to these inequities, and potential problems that participants may face on their journey toward a healthy lifestyle. Resources for understanding health equity in communities as well as practices for implementing and delivering an inclusive National DPP program are discussed.

### **Cultural Humility and the National DPP**

**Length: 90 minutes**

A person's culture plays a significant role in their lifestyle behaviors such as food, physical activity, and beliefs about health. In this webinar, lifestyle coaches explore the ways in which one's culture can help or hinder their engagement and progress in the lifestyle change program. Facilitators and panelists discuss appropriate adaptations to recruitment and program delivery based on an understanding of the diversity of cultures being served by the organization.

### **The Social Determinants of Health and the Lifestyle Change Program**

**Length: 90 minutes**

Social determinants of health (SDOH) are the conditions in the places where people live, learn, work, and play that affect a wide range of health risks and outcomes. In this webinar, the audience examines the impact of SDOH on individuals at risk for diabetes and explores how organizations and lifestyle coaches can address SDOH in program design and delivery to set all participants up for success.

# DTTAC *Advance*<sup>™</sup> On-Demand Webinars

*Diversity, Equity, & Inclusion*

## Understanding Bias and the National DPP

**Length: 90 minutes**

Bias can be innate or learned, and many biases are unconscious or implicit. As organizations and lifestyle coaches who intend to serve all people at risk for diabetes, it is important to examine bias and its potential to inadvertently exclude participants from engaging in our National DPP programs. This webinar expands the understanding of bias and provides program coordinators and lifestyle coaches with strategies for limiting the negative role that bias can play in our participants' and organizations' success.

## Making Moves Forward: Approachable Physical Activity for All

**Length: 60 minutes**

Lifestyle coaches facilitating the National DPP lifestyle change program often have participants with a variety of health conditions that may impact their ability or likelihood to engage in physical activity. From participants with mild joint pain to participants with disabilities, barriers to physical activity can feel like overwhelming obstacles to participants hoping to achieve program physical activity goals. In this webinar, attendees will explore strategies for helping participants find success with their physical activity goals, regardless of physical limitations and abilities.

## Recognizing Realities: Understanding Flexibility Within Fidelity to Meet Participant Needs

**Length: 60 minutes**

An audience-centered approach to National DPP program delivery is essential to meet the diverse needs and realities of program participants. This webinar will discuss strategies to gather information about these realities and needs at the organizational and lifestyle coach level. Learners will also explore ways to make session activities and conversations relevant and impactful while keeping program fidelity. Attendees will be given a framework for assessing appropriate flexibility within the fidelity of the National DPP.

## Prevention Priorities: Identifying and Reaching Priority Populations

**Length: 60 minutes**

Inequities in incidence and prevalence of diabetes and pre-diabetes have highlighted a need to focus prevention efforts on "priority populations". This training will address the disproportionate effects of diabetes and pre-diabetes on certain populations of people. Learners will discuss defining and identifying priority populations in their communities and explore strategies to engage with these populations.

### *Health & Wellness*

#### **Todo puede caber dentro de una alimentación sana** **All Foods Can Fit – *En Español***

**Tuesday, March 7<sup>th</sup>, 2023 from 1:00pm - 2:00 pm ET**  
Available On-Demand in April 2023

In this webinar, the current approach to healthy eating presented in the 2021 Prevent T2 curriculum will be reviewed and explained. Experienced lifestyle coaches with nutrition science backgrounds will share their expertise. Special focus on cultural conversations around food when serving a Hispanic-Latino audience will be included.

### *Diversity, Equity, & Inclusion*

#### **Reconociendo las realidades de la vida** **Recognizing Realities – *En Español***

**Thursday, July 20<sup>th</sup>, 2023 from 1:00pm – 3:00pm ET**  
Available On-Demand in July 2023

This webinar will discuss strategies to gather information about social determinants of health- participant realities and needs- at the organizational and lifestyle coach level. Learners will also explore ways to make session activities and conversations relevant and impactful while keeping program fidelity. Attendees will be given a framework for assessing appropriate flexibility within fidelity of the National DPP.

### *Program Implementation*

#### **Reanime el cambio de estilo de vida** **Liven Up Your Lifestyle Change – *En Español***

Available On-Demand Only

Making lifestyle changes is serious business, but effective Lifestyle Coaches know that making sessions interesting and fun makes the serious work easier to do! Adding a creative and fun flair to sessions, especially in months 7-12, can help keep participants coming back to sessions. In this webinar, Lifestyle Coaches will hear creative ideas from experienced Lifestyle Coaches to make sessions more interactive and fun, with a particular focus on months 7-12 sessions.

# DTTAC *Advance*<sup>™</sup> Peer Learning Series

**Two-part** advanced learning event with the opportunity for lifestyle coaches and program coordinators to learn on their own time and then discuss their experiences and questions with a peer group.

**Part I:** 1-hour to 1.5-hour on-demand webinar

**Part II:** 1-hour peer dialogue session facilitated by a DTTAC Master Trainer. Participants discuss applying webinar concepts in their communities.



## *Health & Wellness*

### **All Foods Can Fit: Understanding the Nutrition Approach of the National DPP**

#### **Part I: On-Demand Webinar -Watch at your own convenience before Part II**

The National DPP lifestyle change program is not an individualized nutrition program. Nor is it intended to be a restrictive or prescriptive diet. Many lifestyle coaches struggle with this less directive approach to lifestyle change and wonder if giving more specific guidance would yield faster or more ideal results. In this webinar, the current approach to healthy eating presented in the 2021 PreventT2 curriculum will be reviewed and explained. Experienced lifestyle coaches with nutrition science expertise will share their perspectives and reflect on their efforts to help participants understand this nutrition guidance and make changes to support diabetes prevention.

#### **Part II: Live Peer Dialogue -Thursday, February 23rd, 2023 from 12:00pm-1:00pm ET**

During this peer learning experience, lifestyle coaches and program coordinators will connect with one another to discuss best practices for discussing the food and nutrition approach of the National DPP.

## *Group Dynamics and Facilitation*

### **Facilitating from Afar: Engagement in National DPP Distance Delivery**

#### **Part I: On-Demand Webinar –Watch at your own convenience before Part II**

As lifestyle coaches across the country have transitioned or started a program in a distance learning modality, many are anticipating the adjustments to the facilitation of group sessions. Attendees will learn tips for applying effective facilitation skills in a distance format. Common challenges and creative strategies for group engagement will be addressed.

#### **Part II: Live Peer Dialogue -Tuesday, June 6th, 2023 from 12:00pm-1:00pm ET**

During this peer learning experience, lifestyle coaches and program coordinators will connect with one another to discuss best practices for creating engagement via effective distance delivery facilitation.

# DTTAC *Advance*<sup>™</sup> Virtual Bootcamps

DTTAC ACT Bootcamps are live national virtual advanced trainings with in-depth exploration in a topic area, enhancing the skills of trained lifestyle coaches, program coordinators, and Master Trainers to improve National DPP delivery in contexts across the country. These 4-hour trainings provide ample time for a detailed presentation, rich group discussion, and virtual interaction.

**CE credits\*** available for:

- Registered Dietitians (CDR)
- Certified Diabetes Educators (CDE)
- Certified Health Education Specialists (CHES)

*\*Live attendance is mandatory for participation in DTTAC National Bootcamps.*

## *Group Dynamics and Facilitation*

### **Advancing Facilitation Skills**

**Thursday, April 27, 2023 from 12:00pm – 4:00pm ET**

This in-depth training will provide lifestyle coaches with an opportunity to assess, review, and enhance their facilitation skills, the “secret sauce” for successful delivery of the lifestyle change program in any modality. Through engaging activities, role-playing, case study discussions, and peer sharing, the learner will deepen their comfort and competency with key facilitation skills. Strategies for enhancing and managing group dynamics for both in-person and distance delivery modes will be discussed.

## *Diversity, Equity, & Inclusion*

### **It’s Raining Men: Engaging Men in the National DPP**

**Tuesday, June 13, 2023 from 12:00 pm – 4:00pm ET**

Engaging men, and in particular African-American men in health promotion and prevention programs continues to be a public health priority in the United States. African-American men have higher rates of mortality and morbidity from chronic illnesses than other races/ethnicities. In this training, we will discuss important considerations and interventions aimed at recruiting and enrolling men in the National DPP and specific strategies related to engaging African-American men in lifestyle change programs. Learners will hear from panelists who are working to engage this population in the National DPP and other health promotion programs. They will share strategies for recruitment, best practices for program delivery, and how they have faced and overcome challenges in this effort.